

INCREMENTAL WEIGHT TRAINING SYSTEM, APPARATUS, AND METHODS

**ABSTRACT**

5 ~~OK~~ The invention provides an incremental weight system adapted for use in weight training comprising a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces. Each incremental weight includes a thin disk having a center opening adapted to receive a standard olympic barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

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